
Community Projects:

1. Advocacy, including letter writing, making phone calls to elected officials, or other funders for additional funding for shelter programs, jobs, access to medical care, etc.
2. Invite shelter representatives to speak to the organizations where you have a membership.
3. Attend community forums, workshops or training on domestic violence.
4. Advocate for school-based prevention programs for children; advocate for assistance for children who may be experiencing domestic violence at home.
5. Make sure the schools in your area take dating violence seriously.
6. Advocate for appropriate services for underserved populations such as non-English speakers, people with different cultural values and individuals with disabilities.
7. Work against sexism, racism and homophobia.

Web Resources

Peace@Work: www.peaceatwork.org

Family Violence Prevention Fund:

www.endabuse.org

National Coalition Against Domestic Violence:

www.ncadv.com

Montana Coalition Against Domestic and Sexual Violence: www.mcadv.org

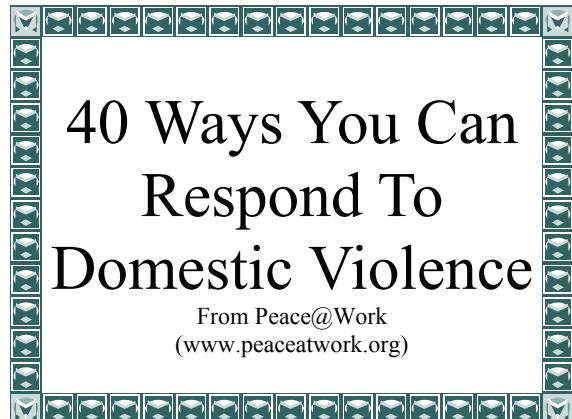
If you are a victim of Domestic Violence, here are some precautions you may want to consider:

1. Tell your employer.
2. Give Security a copy of your abuser's photo. Let them know of any nicknames he may use.
3. Ask a co-worker to screen your phone calls.
4. Have someone escort you to/from the parking lot/bus stop.
5. Vary your route to and from work.
6. If you don't already have a cell phone, consider getting one.
7. Carry a personal alarm or noisemaker.
8. For support and information, call the Friendship Center @ 442-6800.

The Friendship Center
Crisis Line: 442-6800
1503 Gallatin
Helena, MT 59601

National Domestic Violence Hot Line:
1-800-799-SAFE (7233).

National Coalition Against Domestic Violence:
www.ncadv.org



40 Ways You Can Respond To Domestic Violence

From Peace@Work
(www.peaceatwork.org)



Montana Coalition Against Domestic and Sexual Violence
P.O. Box 818
Helena, MT 59624
Phone: 406-443-7794
Toll-Free: 1-888-404-7794
Fax: 406-443-7818
Email: mcadv@mcadv.org
Or ngray@mcadv.org

The following is a list of ways that you or a group you belong to can help prevent future domestic violence.

If you know someone who is being battered:

1. Believe her, and respect her confidentiality.
2. Let her know she is not to blame for the abuse; she is not responsible, and doesn't deserve it.
3. Take the time to talk her privately and ask about suspicious bruises or fights that you know about. She needs to tell her story in her own time and at her own pace.
4. Help her make safety plans for herself and her children. It could save their lives.
5. Validate her feelings; she may feel hurt, angry, afraid ashamed or trapped. She may love the abuser.
6. If you suspect that abuse is occurring, call 9-1-1. Assault is a crime.
7. Make strong statements against violence in your social circles and in support of victims building violence-free, autonomous lives.
8. Give her information about local resources; the Friendship Center Crisis Line phone number is 442-6800.
9. Offer to assist her in keeping safe by letting her stay with you, if possible, or keeping documents, money, a packed suitcase for her, or identifying a code word that she can use to signal the need to call the police on her behalf.
10. If appropriate, talk to her children about what they are seeing and feeling. Help them make plans to be safe.

If you know someone who is battering:

1. If you are violent, stop the violence immediately, and seek assistance.
2. Interrupt verbal harassment, and if it is safe to do so, acts of violence that you see happening.
3. Call the police, if it is unsafe for to intervene. It may save someone's life.
4. Let batterers know that domestic violence is a crime and that they could be prosecuted and sent to jail.
5. If a perpetrator is justifying violence or harassment because of something the victim did, point out that the perpetrator is the only one who is responsible for violent acts. Don't let perpetrators get away with victim-blaming, minimizing or trivializing their violence.
6. If you don't like it when someone makes jokes about women or about battering, let the person telling the joke know it and why.
7. Talk to perpetrators you know about the violence they are doing, but do not disclose information given to you by a victim. Let perpetrators know that violence is not acceptable and that they can choose to stop it.
8. Support strong law enforcement intervention in cases of domestic violence. Don't defend batterer to police, prosecutors or judges. Act as a witness to a crime.
9. If you are an employer, assist police, sheriff or other law enforcement officers to serve orders of protection, subpoenas, or other documents.
10. Do not ostracize the victim nor "side" with the perpetrator.
11. Make strong statements against violence in your social circles. Advocate for full accountability by perpetrators, and for full restitution for victims.

Help support shelters and programs for survivors and their children:

1. Make regular, consistent financial donations.
2. Give Food donations.
3. Make donations of equipment, gifts, clothing, furniture, blankets, computers, etc.
4. Volunteer to assist with answering crisis lines, working with survivors, raising funds, training/mentoring for survivors.
5. Volunteer to work during renovation, clean-up, help with mailings.
6. Write letters to City, County, State and National elected officials encouraging them to support funding for intervention in domestic violence and survivor services.
7. Write letters to the editor supporting services for survivors

Projects for Individuals, groups or teams:

1. Adopt an agency for a year. Provide donations of all kinds; put on a fund-raising event; bring a group of friends/work associates together to form a work-party for an agency.
2. Assist in providing meals or a celebration for those residing in a shelter, including children's birthday parties, holiday meals, summer picnics.
3. Prepare starter kits for survivors— Examples: Household kits: pots, pans, towels, broom, etc. Personal kits: comb, brush, toothbrush, etc. Children's kits: art supplies, toys, pajamas, etc.
4. Provide blankets or quilts for shelters
5. Share your expertise by giving shelter workshops on such topics as personal finances, parenting, computer use, job skills, etc.

